

## BABY BOOMERS AND BEYOND

### MONDAY MORNING NEIGHBORHOOD WALKERS s/c

**Walking Guide: Elaine Zeitlin**

Walk on local trails and scenic neighborhoods in the area. This group will accommodate a range of moderate walking speeds. Come prepared to meet new walking buddies and to have a generally great time! The fee for this program covers the cost of our guide and written materials related to walking tips, places to walk, trail maps and more! **Advance Registration is Requested.**

*March 30 - April 27*

**443282 A1** - M - 10:00 a.m. - 11:00 a.m.

Fee: R \$5 / NR \$6.25 - Five sessions



### GENTLE YOGA AND MINDFULNESS MEDITATION s/c

**Instructor: Cheryl Harlan,  
Registered Yoga Alliance Teacher**

This class focuses on gentle yoga and mindfulness, a moment-to-moment awareness. Each session consists of a joint freeing series of movements, breathing techniques, postural alignment, balance, modified poses and self massage. Each class ends with a deep relaxation with music. This class aims to boost energy, relieve anxiety, enhance concentration, increase flexibility, strength and balance and improve sleep. **Dress comfortably for movement and in layers, bring a sticky yoga mat and an eye cover. Advance registration is requested.**

*March 31 - May 5*

**442475 A1** - T - 9:30 a.m. - 11:00 a.m.

Fee: R \$60 / NR \$75 - Six sessions

SEE PAGE 21 FOR OUR  
MINDFULNESS - BASED STRESS  
REDUCTION PROGRAM  
WHICH COMPLIMENTS THE YOGA CLASS

### FRIDAY ADVENTURE WALKERS s/c

**Walking Guide: Susan Williams**

Back by popular request this walking program is perfect for the walker that likes to meet at various locations and walk a different three mile scenic path each week. Walks included in this season are:

1. April 3 - Vienna Community Center
2. April 10 - Oak Marr Recreational Center
3. April 17 - Riverbend Park to Great Falls
4. April 24 - Burke Lake Park
5. May 1 - Eleanor C. Lawrence Park

Each walk is about three miles. Walkers should be able to maintain a moderate walking pace of 12 - 18 minutes a mile. This class will meet rain or shine. People are responsible for getting to each location. The first class meets at the Vienna Community Center lobby. Walking guides with maps to walking locations will be distributed the first day of the program. It is suggested that you bring a cell phone with you on walks.

**Advance Registration is Requested.**

*April 3 - May 1*

**442472 A1** - F - 10:00 a.m. - 11:00 a.m.

Fee: R \$15 / NR \$18.75 - Five Sessions

### BREAK IT DOWN ZUMBA A SLOWER STEP-BY-STEP PROGRAM S/C

**Instructor: Lupe Rother, Professional Dancer**

Is there a little bit of Exotica and Latino deep inside of you just waiting to get out? **Ooooooohala!** Join us as we learn some of the most popular dance step movements including Salsa, Merengue, Rhumba, Cumbia, Samba, Raggaeton, Cha, Cha, and Belly Dance. This class will be taught in a slower manner than most Zumba classes so that you can learn step-by-step how to shake those shoulders, unlock those hips, move those knees and feet in a sultry, fluid style. You will also become more aware of how proper breathing, posture and flexibility can help you to define every step you take. This an aerobic movement class where you move on your own without partners.

*March 13 - May 8 (No class on April 10)*

**433021 C1** - F - 11:00 a.m. - 12:00 p.m.

Fee: R \$80 / NR \$100 - Eight classes

### REGISTRATION DATES

IN TOWN BEGINS  
FEBRUARY 2 AT 8:00 A.M.

OUT OF TOWN BEGINS  
FEBRUARY 9 AT 8:00 A.M.

# MATURE ADULTS

## MATURE ADULT FITNESS FAVORITES



### ABC'S FOR SENIORS (Agility, Balance, Coordination) s/c

Instructor: Rosemary Reca, ACE Personal

#### Trainer

This class is for older adults who want to improve and maintain their every day abilities of daily living. The class includes balance exercises, a mild cardio workout, bending, stooping and reaching exercises as well as strength training, and stretches for increased flexibility. Seniors will perform some activities in a chair, and other movements while standing, holding on to a chair or ballet bar. The class incorporates the use of balance equipment, hand weights, exercise bands and soft balls, all available for you during the class. If you have hand weights please bring them to class. **Advance registration is requested.**

April 29 - June 10

**442576 A1** - W - 1:30 p.m. – 2:30 p.m.

Fee: R \$70 / NR \$87.50 – Seven classes

### HEART AND SOLE CHAIR EXERCISE PROGRAM s/c

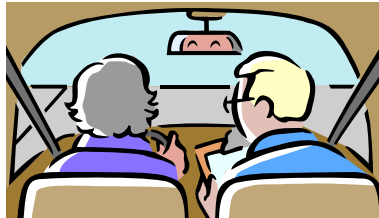
Instructor: Joey Wagner

This is a unique aerobic, strength and flexibility program of chair-assisted exercise for persons with limited mobility, arthritis, diabetes, neurological impairments, compromised balance and/or beginning exercisers! “Fun”ctional fitness that utilizes energetic, yet light hearted music (Broadway hits, big band, swing, oldies but goodies) to sharpen the mind, improve coordination and condition the body! This dynamic, effective program with an upper and lower body workout **in a chair**, helps strengthen the cardiovascular system, tone muscles, focus on posture, and increase range of motion and flexibility! Unconventional exercise props enhance and compliment the workout! **Register early.**

April 3 – June 5

**442476 A1** - F - 12:30 P.M. - 1:30 P.M.

Fee: R \$75/ NR \$93.75 – Ten classes



### AARP MATURE SAFETY PROGRAM s/c

Presenter: Ralph Rosenthal

The Vienna Community Center is hosting the **AARP Driving Safety Program**. This comprehensive classroom driver retraining course is geared to the specific needs of motorists **aged 50 and older**. The course will cover the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions and accident prevention measures. Graduates of the course could receive a five to ten percent discount from their car insurance company. The cost of the course is **\$12 for AARP Members and \$14 for non members** and paid on the first day of class to the instructor. **Checks should be made payable to AARP.** Class size is opened to 35 participants. Individuals are given a one hour break for lunch from 12 noon until 1:00 p.m. It is suggested that you bring a bag lunch to class. Also there are many fast food and healthy eateries within one or two blocks of the center. Both classes must be attended. **ADVANCED REGISTRATION IS REQUIRED AND CANNOT BE TAKEN OVER THE PHONE.**

April 23 - April 24

**442290 A1** – TH/F - 10:00 a.m. – 3:00 p.m.

Fee: AARP Member \$12 / Non-Member \$14 payable in class to the instructor

**Classes need to reach the minimum number one week prior to the start or they will be canceled. Please register early.**

# MATURE ADULTS

## WRITING YOUR PERSONAL HISTORY

**Coordinators: Herman Carter and Pat Lavey**

Our lives are filled with unique experiences, which make future generations more knowledgeable, when shared through written autobiographies. This is an opportunity to record the story of your life for your children, grandchildren, and generations to come. At the beginning of each session class members select topics about which to write. Each week every class member comes to class prepared to read the equivalent of one or two word processed or hand written pages. There is no formal critique of writing, only friendly feedback by seasoned class members. **This class is run by participants and does not have formal instruction. It is for fun, friendship and supportive feedback. No class on May 7th because of our writing symposium. Register for that program too!**

*April 2 – August 13*

**442480 A1** -TH -10:40 a.m. – 12:40 p.m.

**Fee: \$5 contribution payable in class for an administrative support and refreshments fee**

## FOUNDATIONS OF WRITING: MEMOIR WRITING WORKSHOP S/C

**Instructor: Cheryl Somers Aubin, Published Writer, MA Writing John Hopkins University**

Are you interested in sharing your writing in a supportive atmosphere? If so, this is the class for you! In this memoir writing workshop, students will share their memoir pieces with each other and also get comments and suggestions from fellow students as well as a teacher. Every week students will be given a writing prompt to work on for the following week.

**No class on April 16. All writing students are encouraged to register for the Writing Your Personal History Symposium on May 7. See details below**  
*March 19 - April 30*

**442481 A1** - TH - 8:45 a.m. – 10:30 a.m.

**Fee: R \$57.60 / NR: \$72 - Six sessions**



The Ninth Annual Writing Your Personal History Symposium at the Vienna Community Center

## PRIVATE FACES AND PUBLIC PLACES

**Thursday, May 7 – 10:00 a.m. – 2:00 p.m.**

**Coordinated by Dianne Hennessy King,  
Editor, Cultural Anthropologist and Memoir Writing Instructor**

**Fee: \$20 symposium fee only**

**Bring a bagged lunch or pre-order a boxed lunch for \$6.50**

Gain inspiration and writing techniques from wonderful speakers who will explore the connections between personal history and public history. Improve your own writing by learning from authors, editors, a broadcast journalist, creative writing teachers and fellow writers at the symposium.

**Featured speakers include:**

**Nina Sichel**

co-editor of *Unrooted Childhoods: Memoirs of Growing Up Global*

**Walter C. Rodgers**

formerly senior international correspondent for CNN and author of *Sleeping with Custer and the 7<sup>th</sup> Cavalry: An Embedded Reporter in Iraq*

**PLEASE NOTE LUNCH OPTIONS. ADVANCE REGISTRATION IS NECESSARY**

*May 7*

**442484 A1** - TH -10:00 a.m. - 2:00 p.m. - Fee: **\$20 registration fee only**

**442484 B1 – LUNCH FEE REQUIRES REGISTRATION - Fee: \$6.50 fee for a pre-ordered boxed lunch**

Boxed lunch will contain a turkey on rye sandwich, with potato chips, a chocolate chip cookie and a lemonade.

Coffee and tea are included in the symposium fee.

# MATURE ADULTS

## DROP-IN LEGAL SEMINARS WITH DAVID HOFFMAN, J.D. WILLS, TRUSTS, ESTATES

**These programs meet on Mondays between 10:00 a.m. and 11:30 a.m.  
Simply mark the date and plan on attending**

**March 9**

### 10 THINGS EVERY EXECUTOR SHOULD KNOW

So you have finally selected your executor. Now, the question is, will he know how to be a good one. The law holds executors and trustees to a very high standard and carelessness can result in law suits, removal and even criminal prosecution. Presented for executors, trustees and the people who select them, *"10 Things Every Executor Should Know"* is a 90 minute guide on how to do the job right. Topics include: preparing probate papers; filing tax returns; prudent investing; taking a commission; basic fiduciary accounting and more.

**April 6**

### WHAT TO FEED A LIVING TRUST

You have probably heard about living trusts. Maybe you've even heard that they can avoid probate, save taxes, prevent guardianships and live on long after you're gone. But how do you make it "live" in the first place? Knowing the answer to that question can mean the difference between a perfect estate and utter chaos. This is a 90 minute lecture on the use, care and appetites of Living Trusts. "Topics include: a review of Virginia Trust Law; funding your trust; what every banker doesn't know; trusts and mortgages, record keeping; making amendments; taxes, trusts and the IRS and much more.

**May 11**

### THE FIVE STEP ESTATE PLAN

It's a fact. Estate planning can make you ill. There is so much to understand and so many decisions to make. Sometimes, just knowing where to begin is painful. The Five Step Estate Plan is formulated to bring relief. This 90 minute presentation administers estate planning in small bites that are easy to swallow. It is a jargon free, non-drowsy formula to help you to overcome your fear of wills, trusts, taxes and probate and to cure your chronic indecision. No prescription required. Just bring yourself, your spouse, your friends and your family, but leave the aspirin at home!

## CLUBS AND ASSOCIATIONS

**The Vienna Community Center hosts the following activities for Mature Adults. Kindly call the group coordinator for specific details about membership and events.**

### AMERICAN ASSOCIATIONS OF RETIRED PERSONS (AARP)

**Group Coordinator: Deborah Brehony - 703-938-4306**

AARP holds a luncheon the first Monday of each month and a business meeting the third Monday of each month at 12:30 p.m. in The Vienna Community Center Auditorium.

### NATIONAL ASSOCIATION OF ACTIVE AND RETIRED FEDERAL EMPLOYEES (NARFE)

**Group Coordinator: Kathy R. Arpa – 703-205-9041**

NARFE meets the first Tuesday of the month at 1:30 p.m. in The Community Center Auditorium.

### 50-90 CLUB

**Group Coordinator: Paul Schmitt - 703-255-4743**

This group meets the third Saturday of each month for dinner and a special program at 5:00 p.m.

### THE VIENNA SENIORS BRIDGE CLUB

**Group Coordinator: Richard Laporte – 703-204-4508**

Intermediate and advanced bridge players are invited to attend our gatherings on Wednesdays at 10:30 a.m.– 2:00 p.m. for bridge. There are refreshments and a lunch break at about noon.

# MATURE ADULTS

## DROP-IN RECREATIONAL PROGRAMS AND MATURE ADULT SERVICES

The following programs have no fee and do not require advanced registration. Programs are held year round but do not meet on the 4<sup>th</sup> of July, Thanksgiving, Christmas and New Years. **PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVICEABLE FOR GROUP MEMBERS TO CHECK THE FRONT DESK ROOM RESERVATION LIST PRIOR TO EACH SESSION TO SEE IF THERE HAVE BEEN ANY ROOM CHANGES. THERE ARE NO DROP-IN CLASSES ON JUNE 17<sup>TH</sup> DUE TO HIGH SCHOOL GRADUATION**

### BLOOD PRESSURE CHECKS

**Nurses: Joan Brown and Carole Dysart**

**Second Wednesday of each month**

**10:45 a.m. – 11:45 a.m.**

**No Reservation is required. Simply drop-in for a check-up.**

*Wednesday – March 11*

*Wednesday – May 13*

*Wednesday – April 8*

*Wednesday – June 10*

### SENIOR FITNESS

**Tuesdays and Thursdays 11:00 a.m. – 12:00 p.m.**

**Instructors: Jackie Dantonio, Tuesdays and Caroline Cikra Thursdays**

This program will include cardio, weightlifting and stretching to aid the participants in building physical endurance, muscle strength, balance and flexibility. It will also include abdominal, leg, gluteal and stretching exercise on mats. Participants are asked to bring a water bottle, their own hand weights and fitness mats for floor work. Participants are asked to take responsibility for knowing and regulating their own fitness ability. It is suggested that you consult your physician before starting this class. **There is no class on June 16.**

### PICKLEBALL

**Mondays, Wednesday, Fridays - 11:00 a.m. – 12:30 p.m.**

Pickleball is a cross between tennis and badminton. This is a fun and easy game to learn and can be played by anyone regardless of athletic ability. Come and be part of our regular group of very enthusiastic players. We have all levels of players in our groups including some Senior Olympic Pickleball Winners! No Pickleball June 17.

### TABLE TENNIS

**Monday and Thursday - 8:00 a.m. – 9:00 a.m.**

Just show up and join us for table tennis every Monday and Thursday. Individuals of all playing abilities are welcome. This group is an on-going activity and run by group members.

### CANASTA

**Tuesdays - 1:00 p.m. – 4:00 p.m.**

**Come out and make new friends as you play the game of Canasta.**

Canasta is a card game in which four people play in fixed partners opposite each other. Two 52 card standard packs plus 4 jokers are shuffled together to make a 108 card pack. Even if you do not remember all the details, a "Canasta Packer" is available to use as review or as a learning tool. There will be no formal instructor but there will be seasoned players willing to help others new to the game.

### MAH JONGG

**Thursdays - 1:00 p.m. – 4:00 p.m.**

**Come out and make new friends as you play the game of Mah Jongg**

Mah-Jongg was first played by the ruling class of china and dated back to the time of Confucius. This game was introduced into the United States back in 1920. There is no formal instruction however regular players are glad to tutor new players to understand the game. The first Thursday of each month is recommended for beginners. At that time you are welcomed to observe our regular group of players. If you decide to play on a regular basis you are asked to provide your own Mah Jongg set. There is no fee. All abilities are welcome.

### DOMINOES

**Fridays - 1:00 p.m. – 4:00 p.m.**

From dominoes to scrabble to checkers to chess, whatever game you would like to play simply show up at the center and play a game, as you make new friends. You may bring along your own board or card games and share them with others. Dominoes is the predominate game played, however there are other games available.

**PLEASE NOTE THAT SINCE THERE IS NO FORMAL INSTRUCTOR FOR DROP-IN PROGRAMS IT IS ALWAYS ADVICEABLE FOR GROUP MEMBERS TO CHECK THE FRONT DESK ROOM RESERVATION LIST PRIOR TO EACH SESSION TO SEE IF THERE HAVE BEEN ANY ROOM CHANGES.**

